

2005 SNE Program Proposal Form
Leading the Way in Nutrition and Health
July 23-27, 2005 Hyatt Grand Cypress, Orlando Florida

Please complete this form and a biosketch for each speaker. Proposals must be **received by** midnight (Eastern) on Friday, **October 15, 2004**. If you have any questions, please call the SNE office at 800-235-6690.

Proposal Organizer: This individual is responsible for communicating all information about the session to the co-authors/presenters. He/she will serve as the liaison between the Annual Conference Committee and the presenters.

Name (including professional credentials): **Nancy S Wellman, PhD, RD, FADA**

Institution: **National Resource Center on Nutrition, Physical Activity, and Aging**

Address: **Florida International University, OE 200**

City, State, Zip: **Miami, FL 33199**

Country: **USA**

Telephone: **305-348-1517**

Fax: **305-348-1518**

E-mail: **Nancy.Wellman@fiu.edu**

1. Proposed Session Title: **The Dynamic Duo: Nutrition & Physical Activity for Healthy Aging**
2. What makes the topic timely, substantive, and relevant to nutrition educators?
The burgeoning older population's interest in eating healthier & in active aging; their willingness to change to maintain their independence and quality of life; the efficacy of combining nutrition education with physical activity; SNE's increased attention to aging; and a timely opportunity for nutrition educators to "Lead the Way in Nutrition and Health for Aging Populations."
3. Learning objectives (List 3-4)
 - **Learn about the US Administration on Aging's *You Can! Steps to Healthier Aging* campaign and how nutrition educators can get involved, conduct outreach activities, and use *You Can!* educational materials to launch local programs;**
 - **Understand how to document outcomes through the successful 10-site *Eat Better & Move More* demonstration research project;**
 - **Identify ways that nutrition educators can help create a movement to encourage older Americans to improve their nutrition choices and be more physically active.**
4. Session description: Describe the session in 100 words or less.

Expand your abilities to "Lead the Way" as nutrition educators in physical activity & nutrition programs for older adults.

Learn about the US Administration on Aging's *You Can! Steps to Healthier Aging* campaign and how nutrition educators can get involved, conduct outreach activities, and use *You Can!* educational materials to launch local programs; understand how to document nutrition education and physical activity outcomes through the successful 10-site *Eat Better & Move More* demonstration research project; and identify ways that nutrition educators can help create a movement to encourage older Americans to improve their nutrition choices and be more physically active.

5. **Session moderator:**

Proposal Organizer will be the moderator: Nancy S Wellman, see attached Bio.

6. **Additional speakers/presenters:** List the names, degrees, and institutional affiliations of all individuals included in your session. (Submit a completed biosketch (see suggested form) that includes complete contact information and professional credentials for each individual.)

1.) **Jean L. Lloyd, MS, RD**
National Nutritionist
Phone: 202-357-3582
Fax: 202-357-3549
jean.lloyd@aoa.hhs.gov

Mailing Address:
US Department of Health and Human Services
Administration on Aging
Washington, DC 20201
Office Location:
One Massachusetts Ave., NW, Room 5710
Washington, DC 20001

2.) **Martha Peppones, MS, RD, Nutrition Director**
Senior Service of Snohomish County
8225 44th Avenue W, Suite O
Mukilteo, WA 98275
Phone: 425-290-1264; Fax: 425-353-1212
mpeppones@sssc.org

3.) **Barbara Friedberg Kamp, Project Coordinator**
National Resource Center on Nutrition, Physical Activity & Aging
Florida International University, OE 200
Miami, FL 33199
Phone: 305-348-1517; Fax: 305-348-1518
E-mail: Barbara.Kamp@fiu.edu

7. **Anticipated costs:**

NONE. SNE members: NS Wellman, JL Lloyd.
Other Speakers funded by National Resource Center on Nutrition, Physical Activity & Aging

8. Is an SNE Division proposing this session? ☐ Yes ☐ No See below, please

6. If yes, please indicate the organizing division(s): SNE ACPP Subcommittee on Older Adults

7. **Format of the Session:** ☐ Case Study ☐ Group Discussion
☐ Lecture ☒ Panel Discussion
☐ Demonstration ☐ Other _____

8. **Primary Focus of the Session:** ☐ Research ☐ Practice ☒ Research and Practice
☐ Public Policy ☐ General Professional Enrichment

10. **Preferred Length of Session:** ☐ 1 hour ☒ 1.5 hour ☐ 2 hours
☐ Other _____ (for pre or post meeting workshops)

11. **Anticipated Audio/Visual Requirements (if known): LCD Projector for PPT presentations**

For questions, call SNE at 800-235-6690. Email this form to jwilliams@sne.org.

NANCY S. WELLMAN, PhD, RD, FADA

Dr. Nancy Wellman is professor of dietetics and nutrition at Florida International University, the public research university in Miami. There she directs the National Policy and Resource Center on Nutrition and Aging, funded primarily by the US Administration on Aging. Areas of nutrition expertise include aging, public policy, nutrition screening, and marketing, as well as consumer education and food labeling.

Registered dietitian Wellman is past president of the 70,000-member American Dietetic Association (ADA), the nation's largest group of food and nutrition professionals. During her high profile ADA presidency, the Nutrition Screening Initiative, a national campaign against malnutrition in older adults that is backed by a coalition of 35 prominent aging organizations, was launched; the National Center for Nutrition and Dietetics, ADA's public information center, opened; and collaboration with professional and trade associations, such as the American Academy of Family Physicians, FMI, and IFIC, was strengthened. Dr. Wellman served as national chair of the Nutrition Screening Initiative for its 15-year time-span.

As national media spokesperson and ADA Ambassador from 1982 through 1990, Dr. Wellman has been cited hundreds of times in the national popular press and has appeared regularly on TV and radio. She has testified before US Senate, House of Representatives and FDA Advisory committees.

She has been a member of committees on food labeling at the National Academy of Sciences, Institute of Medicine, and has written for the National Academy Op-Ed Service. Dr. Wellman currently serves on the International Food Information Council Foundation Board of Directors and the American Society for Nutritional Sciences Public Information Committee. She recently completed appointments on the ADA Aging Task Force, USDA National Agricultural Research, Extension, Education, and Economics Advisory Board, Dannon Institute Scientific Council, and the United States Tennis Association Sport Science Committee.

Recipient of numerous awards, Wellman is certified as a charter Fellow of the American Dietetic Association and is a member of the Society for Nutrition Education and the American Society for Clinical Nutrition. She holds a doctorate from the University of Miami and a Master of Science degree from Columbia University Institute of Human Nutrition.

Biosketch

Jean L. Lloyd, MS, RD

Jean L. Lloyd is the national nutritionist with the United States Administration on Aging. The US Administration on Aging, within the US Department of Health and Human Services, administers the Older Americans Act, which establishes a comprehensive and coordinated system of supportive and nutrition services for older adults and their family caregivers. Lloyd has been in her present position since 1992 and was previously a nutrition administrator with the Ohio Department of Aging.

Ms. Lloyd earned her Master of Science degree in Human Nutrition from the Ohio State University. She is a member of the American Dietetic Association (ADA), the Virginia Dietetic Association, and several practice groups with the ADA. She also holds membership in national aging network organizations, including the Meals on Wheels Association of America and the National Association of Nutrition and Aging Services Programs. She has published in the *Journal of the American Dietetic Association*, *Nutrition Reviews*, and *Journal of Nutrition and the Elderly*. She has received awards from the US Department of Health and Human Services, the Meals on Wheels Association of America and the National Association of Nutrition and Aging Services Programs. She is regularly asked to interpret science and evidence based information to non-nutrition and non-science professionals and consumers for incorporation into social service interventions.

In her current position, she is responsible for nutrition related functions of the Older Americans Act, including policy; budget; legislation and regulation; program development and implementation; training and technical assistance; advocacy; evaluation and research; demonstration and training. She administers the Older Americans Act Nutrition Program, the largest community-based nutrition program for older adults funded by the federal government. She participates in Department of Health and Human Services interagency working groups such as the Dietary Reference Intake Steering Committee, the Food Safety Coalition, the Surgeon General's Working Group on Osteoporosis, etc. She has background in clinical, foodservice, administrative, and public policy components of dietetics and nutrition.

MARTHA J. PEPPONES, M.S., R.D., C.D.

3506 221st PI SW
Brier WA 98036
425-290-1264 Business
425-290-5445 Fax
mpeppones@sssc.org

EDUCATION

M.S., Nutrition, University of Washington.

B.S., Dietetics, University of Washington. Graduated Magna cum Laude. Member, Phi Beta Kappa and Omicron Nu (Home Economics honorary).

EXPERIENCE

Nutrition Project Director, Senior Services of Snohomish County, 1991 - present.

- Responsible for Meals on Wheels, Congregate Nutrition Program, and Nutrition Education for older adults in Snohomish County.

Catering/Cafeteria Coordinator, Evergreen Hospital Medical Center

Instructor, Antioch University

Director, Food and Nutrition Services, Saint Cabrini Hospital

Chief Clinical Dietitian, Saint Cabrini Hospital

Staff Dietitian, Saint Cabrini Hospital

OTHER

American Dietetic Association

- Chair, Gerontological Nutritionists Dietetic Practice Group 1999-2000
- Chair-elect, Gerontological Nutritionists Dietetic Practice Group 1998-99
- Area 1 Coordinator, Gerontological Nutritionists Dietetic Practice Group 1996-98

Nutrition 2030, National Policy and Resource Center on Nutrition and Aging

- Member, Expert Advisory Council

National Issue Panel for DRIs and Dietary Guidelines in Older American Act Nutrition Programs,

- Panel member February 2002, July 2003

National Association of Nutrition and Aging Services Providers (NANASP)

- President 2002-2003
- First Vice President 2000-2002
- Annual Conference Chair 1998, 2000
- Second Vice President 1999-2000

Washington State Dietetic Association

Washington Association of Senior Nutrition Programs

- President 1996-1997
- Vice President 1995
- Committee Chair Nutrition Screening Initiative Interventions Project 1994

North Sound Dietetic Association

- President 1994

AWARDS

1995 Outstanding Dietitian of the Year Award by the Washington State Dietetic Association

Barbara Friedberg Kamp

Education

- December 2004 Master of Science in Dietetics & Nutrition. Florida International University, Miami; anticipated graduation, 12/04.
- August 1993 Associate of Occupational Studies. California Culinary Academy, San Francisco, CA.
- May 1989 Bachelor of Science. New York University, New York, NY.

Academic Honors and Scholarships

- 1985 – 1989 University Scholar, New York University; Dean's List; Feb 1989, Oct 1992, May 1993.

Work Experience

- 1/02 – present Research Assistant, National Policy and Resource Center on Nutrition and Aging, Florida International University, Miami, FL.
Special projects including logo design for Older Americans Act Nutrition Programs 30th Anniversary and *Steps to Healthy Aging: Eating Better and Moving More*; Designing program, brochures, etc.; supervising multi-site demonstration project.
- 7/95 – 6/99 Personal Chef, Schuyler and Yvonne Moore, Irmo, SC and Scottsdale, AZ.
Responsible for household kitchen, including marketing, food preparation, serving, menu planning with emphasis on health conscious low fat high taste cuisine; coordinating household employees, arranging sub-contractors, maintaining estate systems.
- 12/93 – 6/95 Executive Chef, Encore Catering, Burlingame, CA. Managed all aspects of kitchen, including staff supervision, ordering, inventory, menu writing, recipe development.
- 9/92 – 12/93 Kitchen Coordinator/Prep Cook, Encore Catering, Burlingame, CA. Prepared and plated food on site. Managed service schedule. Performed general prep including all stations of a commercial kitchen.
- 4/91 – 8/92 Chef's Assistant, California Culinary Academy, San Francisco, CA. Assisted in various continuing education classes.
- 7/90 – 4/91 Purchasing Agent/Assistant Production Manager, Carol Dauplaise Manufacturing, New York, NY. Purchased, inventoried all raw materials for upscale costume jewelry company; Managed production process, coordinated independent contractors.
- 8/89 – 6/90 Purchasing Agent, Bravo Manufacturing, New York, NY. Ordered, received, stocked parts and goods for costume jewelry production.

Publications

Wellman NS, **Friedberg B**, Weddle DO, Cuervo LJ, Kirk-Sanchez NJ, Rosenzweig LY, Smith B. *Eat Better & Move More: A Guidebook for Community Programs*. Washington, DC: US Administration on Aging; 2004. (68 pages).

Wellman NS, **Friedberg B**, Weddle DO, Cuervo LJ, Kirk-Sanchez NJ, Smith B. *Steps to Healthy Aging: Eating Better and Moving More: A Guidebook*. Miami, FL: National Policy and Resource Center on Nutrition and Aging; 2003. (51 pages).

Wellman NS, **Friedberg B**. Causes and consequences of adult obesity: health, social and economic impacts in the United States. *Asia Pacific J Clin Nutr*. 2002;11 (Suppl):S705-S709.

Presentations

Myths & Miracles; East Ridge Retirement Community, Miami, FL, 3/03

Steps to Healthy Aging Guidebook: Eating Better & Moving More. Administration on Aging, State Units on Aging Nutritionists and Administrators Conference, Washington, DC. 6/02

Food Service Operations: Let's update our systems. Administration on Aging, State Units on Aging Nutritionists and Administrators Conference, Washington, DC. 6/02

Internships

8/2003 – 4/2004 Dietetic Internship, Florida International University, Miami, FL.
Foodservice management, clinical nutrition therapy, community interventions.

5/1993 Culinary Intern, Doral Saturnia International Spa and Resort, Miami, FL.
Spa training: low fat, high carb haute cuisine; including bakery, pantry, grill, buffet/banquet catering.

1/1986 Graphic Art Intern, Fairchild Publications, Entrée Magazine, New York, NY.
Assistant to the art director

Professional Organizations and Positions Held

2002 - present Active member, American Dietetic Association
2003 – 2004 Chair, Membership Committee Miami Dietetic Association
2003 – 2004 Chair, Social Committee Miami Dietetic Association

Campus Activities and Positions Held

2002 -2003 Chair, Social Committee, FIU Association of Graduate Students in Dietetics and Nutrition.

Study Abroad Experience

1987 – 1988 City of London Polytechnic, London, England.
1984 – 1985 American Field Service Exchange Student, São Paulo, Brazil.

Volunteer Experience

1999 – present Weimaraner Dog Rescue, Miami, FL.
1996 – 1999 Laubach Adult Literacy Tutor, Columbia, SC.
1982 – 1984 Hospital Candy Stripe, White Plains, NY.